

# MAY IS MENTAL HEALTH MONTH

MAY IS MENTAL HEALTH MONTH, and Xavier's ACCESS Council is partnering with Mental Health America and highlighting the Tools2Thrive Toolkit.

The kit features ways to

- Prioritize mental health daily.
- Build resiliency in the face of trauma and obstacles.
- Support those who are struggling, and work towards a path of recovery.
- Work together to support our mental health in the face of coronavirus and uncertainty.

Look for a range of resources during the month to promote mental, physical, and spiritual health.



[mhanational.org/may](https://mhanational.org/may)

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